



## ULTIMATE

Ultimate is a non-contact game encouraging sportsmanship to be played by two teams consisting of seven players each. It's played on a rectangular shape field with end zones at each end. The object of the game is to score goals. The disc may only be moved by passing, as the thrower is not allowed to take any steps. Any time a pass is incomplete, intercepted, knocked-down, or contacts an out-of-bounds area, a turnover occurs, resulting in an immediate change of possession of the disc.

### Scoring:

- Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score. A standard game is played until a team reaches 15 points with a cap of 17. Half time is determined when one team gets half of the points needed to win and will last 10 minutes. Teams can predetermine a different winning total before the start of the game.

### Rules of play/Key terms:

- **Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
- **Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc and one leg must stay stationary. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- **Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- **Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
- **Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- **Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- **Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
- **Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

**Governing Body** – [USA Ultimate](#)

**Field Dimensions** – 70X40 yards with end zones 25 yards deep